



Rocky Mount Senior Center

Ongoing Activities

November - December 2015



Mondays

9:00-10:00	Water Aerobics ^{\$}
9:00-1:00	Computer Lab (when in session)
9:30-10:30	Body Craze Exercise Class ^{\$}
10:30-2:00	Open Swim ^{\$}
12:30	Pinochle
2:30	Bingo at Sterling House (2 nd Monday each month)
6:00	Line Dancing ^{\$}

Tuesdays

8:30-12:30	Blood Pressure Checks (when scheduled)
9:00-10:00	Water Aerobics ^{\$}
9:30-10:15	Senior Stretch Exercise Class ^{\$}
10:30-2:00	Open Swim ^{\$}
11:30-1:00	Cardio Lunch & Learn (2 nd Tuesday each month)
11:30	Senior Bowling ^{\$} (at The Bowling Center)
12:30	Pinochle
1:00	Pump-It-Up dance exercise

**Fitness Center^{\$}, Billiards^{\$} and
Gym (for walkers and basketball)**
open M-TH 8:00am-7:00pm
Fri 8:00am-5:00pm

Wednesdays

8:30-12:30	Blood Pressure Checks (when scheduled)
9:00-10:00	Water Aerobics ^{\$}
9:00-1:00	Computer Lab (when in session)
9:30-10:30	Body Craze Exercise Class ^{\$}
10:30-2:00	Open Swim ^{\$}
11:00-1:00	Health Matters (4 th Wed)
12:30	Pinochle
1:00	Line Dancing ^{\$}
1:00-2:00	Bingo (1 st , 2 nd & 3 rd Wed)
3:30	Men's Pick-up Basketball
5:30-6:30	Circuit Training Exercise Class ^{\$}
5:30-6:30	Pump-It-Up dance exercise

Thursdays

9:00-10:00	Water Aerobics ^{\$}
9:30-10:15	Senior Stretch Exercise Class ^{\$}
10:30-2:00	Open Swim ^{\$}

Fridays

9:00-1:00	Computer Lab (when in session)
9:15-10:15	YogaLike Exercise Class ^{\$}
10:30-2:00	Open Swim ^{\$}
11:00	Lunch & Learn at Nash Hosp. (last Friday of the month)
1:00	Billiards Tournament (last Friday of the month)

Calendar is subject to change.

Monthly calendars available
at the Senior Center.

Contact the Senior Center for updates.
Call: 252-972-1561 or
Email: jan.west@rockymountnc.gov

Please Note!

- Holiday Closing: Nov. 26-27,
Dec. 24-25, Jan. 1, 2016
- ^{\$} Fee charged for activity